

# Nawei's Acupuncture Clinic can help you lose weight and improve fitness



by Vanessa Newman

Suppose that you have an addictive personality and just cannot say "no" to that donut in the morning or cheeseburger in the afternoon. Perhaps you have been so depressed, you do not want to exercise. Maybe medical issues are interfering with your ability to lose weight. Help may come from a surprising source - acupuncture. Acupuncture treats many of the underlying issues that get in the way of successful weight loss and make it easier to achieve.

**Dr. Nawei Jiang, owner of Nawei's Acupuncture Clinic and Doctor of Chinese Medicine explains that acupuncture stimulates metabolism and suppresses the appetite.** Both help if you cannot seem to muster up the will power to stop eating or just continue to make poor food choices. In Chinese medicine, she explains, excess dampness can block the energy flow making you feel heavy and tired. Proper placement of very thin needles in acu-points (energy centers along a meridian line) can release the flow again. Because feeling heavy and tired is not conducive to getting out and exercising or even wanting to take the time to prepare a healthy meal, this inhibits progress.

**If you suffer from hormonal issues, bloating and water retention could be the source of your weight gain.** Balancing hormones can regulate the endocrine system and get your metabolism up to speed again. Unbalanced hormones slow down metabolism. This encourages weight gain especially around the middle. Dr. Nawei uses a homeopathic remedy involving local injections to reduce belly fat. The advantages of this treatment are:

- No allergic reactions
- No contraindications
- Safe during pregnancy
- No drug interactions
- No side effects

**At Nawei's acupuncture clinic, one gentleman lost 90 pounds in six months using acupuncture, sensible eating, and some basic exercises.** Another client lost 48 pounds in the same amount of time. So whether a troublesome thyroid issue, psychological obstacle or lack of will power is your issue, acupuncture could be a welcome addition to your fitness routine.

**For a free consultation or appointment, call 719-632-7103 or visit the office at 559 E. Pikes Peak Avenue in suite 212 on the second floor.**